

Preston High School - Boys Lacrosse - 2023 Player / Parent Handbook

Regular Practice starts Feb. 27 - at 3:30 pm - No metal cleats. - Be ready to **RUN** (*see Conditioning*)

Players are to be dressed, on the football field, helmets on, and playing catch with a teammate by 3:35 PM.

Mon. through Fri. - Players are to change into their practice gear in a PHS bathroom or at the field. This policy may change. We will have two Saturday practices, March 4 and March 18. We will cover things we were not able to cover during the week. We will meet in room 472 or little gym when there is bad weather.

Always bring appropriate shoes for practicing on the turf field (cleats), gym or parking lot (tennis shoes).

After Practice: Players who drive can go home. Players who ride the late bus go to the horse shoe.

FORMS NEEDED: Forms should be completed and turned in ASAP. They are needed before a player will be allowed to practice. If a player has participated in a PHS sport during the current school year, he only will need Coach's **Info Form** and the **Emergency Medical form**. Pick them up in room 472 during Links.

Info Form – Personal info for head parent & coach's use only

Emergency Medical Form – Personal info for coach's use only

Physical - (only first time athletes this school year, since June 1)

PHS Athletics Forms packet (Includes physical form). This is available from Mr. Channell.

GRADES: Players must maintain good grades, like any other sport at PHS, 2.0 or better. They **WILL** be checked! Do **NOT** give your teachers a hard time. Coach will find out about it.

FEES 2023 Season - We do not get any funding from the school, so we have to pay for ourselves, refs, trainer, etc.

Boys Fee: \$65.00 - Includes practice pullover, game shorts.

Equipment rental: \$50.00 - Includes helmet, gloves, arm pads, shoulder pads, and stick. Helmet only, \$35.00.

Players should buy their own equipment, but we realize some are unable to do that.

Players buying equipment should check with coach for proper helmet, gloves, pads, etc.

US LACROSSE – Players must join USA Lacrosse at USALacrosse.com It is \$35. (League Requirement)

Make checks payable to "Preston High School" and put "Lacrosse" in the memo and what it is for and given to Coach Dreisbach during Links, room 472. It will be deposited in the account at the school. Payments of \$20 or \$50 are OK. Cash is OK but must receive a receipt from coach.

PARENTS are expected to participate in at least one home game fundraising activity: working the gate or concession stand. A sign-up schedule will be provided before the season starts. Parents are needed to help keep stats and run the clock for home games. Both are easy to do.

FUNDRAISERS – Team members & parents should participate in fundraisers, if any. Any parent or player who has any ideas should advise the Team Parents or coaches. Also, business donations to the team are accepted and gratefully appreciated.

PULLOVERS (PINNIES) - All players will receive one practice pullover for them to use for their career at PHS. The pullover is considered part of their equipment. It must be worn at **every** practice. If a player wants a second pullover, he may buy one. If a player loses his pullover, he will have to buy another one at the current replacement cost, \$20.

GAME SHORTS - Each player will be issued a new pair of game shorts annually as part of their dues. These should be worn for games only to keep them clean. When a player gets another pair in his second year, he can then use the old ones for practice or knock around shorts.

SCHEDULE - The schedule and more team info is available on the Preston page on LAXinWV.com and **MaxPreps**.

FACEBOOK – Join our Facebook group "Preston High Lacrosse". This is how we communicate. If a player or parent does not have access to FaceBook, let coach know how best to contact you. Check it regularly.

BEHAVIOR – Players will behave themselves at all times. Swearing will not be tolerated. "F" bombs, GDs and JCs get you 10 pushups. I have good ears and your teammates will rat you out.

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ATTENDANCE: Athletes must attend **ALL** practices. Written excuses must be turned in to coach **before** the absence.

Players must participate in 7 practices before playing in a scrimmage. - *WVSSAC Rule*

Players must participate in 14 practices before playing in a game. - *WVSSAC Rule*

Players who get jobs that conflict with practice or games will certainly get less playing time.

Players **MUST** wear school colors for practice. White, Black, or Grey

PRE-SEASON CONDITIONING for those not playing winter sports is **HIGHLY** recommended.

Begins **NOW** after school. We have permission to run on the track. It's best to run with a stick & a ball. Do not interfere with another team's practice. Get permission from the coach on the field if you have any doubts.

CONDITIONING: All players should be able to run a mile without stopping. You will be tested. If you cannot do it yet, start working on it **NOW**. A mile is 5 laps, plus 26 yards around the football field or 4 laps around the track. You will be running 5 laps every day for a warm-up. Track runs a mile to warm up. You will too.

NO CLEATS ON THE TRACK! We have a nice track and permission to use it. Let's treat it with respect.

EQUIPMENT: Players may purchase their own equipment. We were awarded a First Stick grant from US Lacrosse in 2013 which included helmets, sticks, gloves, arm pads, and shoulder pads. We rent out that equipment now and we replace it when we can. All of that equipment has worn out, hence the need for fees and fundraisers.

MOUTHPIECES are required for games and contact in practice. They are available at Wal-Mart or Dick's and cost about \$1.00. Your dentist can fit one for you if you like.

PROTECTIVE CUPS – players are now required to wear a protective cup and learn to wear it properly.

GAME JERSEYS – Players must take care of the jerseys assigned to them. Any jersey missing at the end of the season or damaged will be charged to the player.

DRESS CODES: PRACTICE - Players are to wear school colors for practice. White, Black, or Grey **only**.

Prepare to run extra or do pushups if you do not.

GAME DAYS: All players should be prepared to wear slacks, dark shoes, and a shirt with a collar & tie to school on game days, unless the coach designates other attire. Shirts should be tucked in. Players who are found to wear their clothing inappropriately will not play in that game. On occasion, Coach may **have Captains Choice**. The Captains choose what the players wear, their jerseys, shooter shirts, Team tees, or team polos if they are available.

AWAY GAME TRAVEL – **Parents must drive**. Players may **NOT** drive themselves. **It is a state law!** If a player rides with another parent, he should contribute gas money and bring his own money for food. Bring your own snacks & make a sandwich. Do not expect the driving parent to feed you.

PRE-GAME MEALS: When players come to a game from home, they should eat pancakes or plain spaghetti (not too spicy) 2 to 4 hours before the contest. **NO MEAT!** It takes too long to digest. **NO ONE** is to drink Red Bull or any other highly caffeinated drink like Mountain Dew before a game or practice. **Caffeine dehydrates you**. Players may receive a meal in Food Service or plain cheese pizza and fruit only when meals are provided by the Preston Athletic Boosters after school, if the funds are available.

GETTING RECRUITED: Must register with NCAA Clearinghouse - See your advisor in the PHS Guidance Office

EQUIPMENT VENDORS:

Check out Sportstop.com if you are buying your own equipment. See Coach before buying. We may include the items you want with a team order. It will be cheaper.

CLOTHING FOR SALE – Check website for prices and availability. Spirit wear will be available through Affordable Signs at the beginning of the season.